

thing to do after being in the water for any length of time, as all long-distance swimmers well know.

BATH CLUB EQUIPMENTS.

The club using the bath should have one or two old suits of clothes to practice swimming in full dress; it gives members a feeling of confidence when called upon to dive in to the assistance of anyone in distress in the open water. No club would be complete without two improvised polo or tilting ponies, made out of barrels, with a grotesque head of a horse attached to one end and a somewhat fantastic tail at the other; painted a gorgeous color and named after some famous race-horse. The tilting poles can be made from two ordinary staves, well protected with binding at one end. The contestants approach much in the same manner as canoe tilting, but astride, the one remaining longest on his steed being proclaimed the winner. This is always a source of amusement, and will assist in making the sport popular.

SWIMMING CLUB EQUIPMENTS.

The out-of-door clubs should be careful to see that a small boat is at hand during practice, one or two duly appointed officials being held responsible for this. It is advisable to see that the boat is always equipped with suitable life buoy and life-lines before commencing practice races. When long-distance trials are taking place a suitable